How to Wave the Lulav

One of Sukkot's special mitzvot is to recite blessings over the Four Kinds: a citron, a palm branch, three myrtle twigs and two willow branches. The etrog, a kind of citron is held in one hand, while the palm, myrtle and willow are bundled together into what is called a lulav.

**Here's How:**

1. Stand facing east and hold the lulav in your right hand with the spine towards you. Hold the etrog in your left hand with the *pittam* facing down (opposite of the way it grows). You now recite a blessing that goes: "Baruch atah Adonai Eloheinu Melech HaOlam, asher kid’shanu b'mitzvotav, v'tzivanu al netilat lulav." (Blessed are You, Ruler of the Universe, Who has sanctified us with Your commandments and commanded us concerning the taking of the palm branch.)
2. Turn the lulav so the *pittam* is facing up.
3. On the first day only, you now recite a blessing called the Shehechiyanu. It goes like this: "Baruch atah Adonai, Eloheinu Melech HaOlam, shehechiyanu v'kiy’manu, v'higianu, laz’man hazeh." (Blessed are You Adonai our God, Ruler of the Universe, who has given us life, sustained us, and enabled us to reach this moment.)
4. Now bring the lulav and etrog together with both hands. Facing each of the six directions - east, south, west, north, above and below - you are going to wave them up and down. Hold the lulav and etrog so that the top of the etrog is next to the bottom of the lulav and so that the etrog is covered with your fingers.
5. Face east and, holding the lulav and etrog with both hands, extend your arms, shake the lulav and etrog together, then bring your arms back towards you. Repeat this twice more.
6. Repeat for the directions south, west and north, upwards and downwards.